

The Compassion in Balance Community Call: Coping with Stress During COVID-19

With Jessica Dolce, MS, CCFE

WEBINAR CHAT TRANSCRIPT

00:01:51 Dellymar Bernal: Hello from Puerto Rico!
00:01:52 Michaela Gerome: Hey NHSPCA team!!!
00:02:00 Jenny Stieglitz: hello
00:02:01 Tia: 🙋
00:02:05 Nadezhda Ball: hello from NYC!
00:02:08 Kelly Marinel: yeah lots of NHSPCA peeps!
00:02:14 Beth Elliott: Hi NHSPCA team....miss Team 1!
00:02:16 Sheila Ryan: Hi NHSPCA! Miss ya!
00:02:21 Michaela Gerome: Team one here!!
00:02:25 Gwen Gadd: Hi from Oakland!
00:02:27 Jade Bennett: Hi from New Zealand!!
00:02:28 Susan Furukawa: hi from Oakland, CA
00:02:28 Gemma Smith: Hi! This is Gemma from ASPCA in NYC!
00:02:31 Alison Vaughan: Hello from NZ
00:02:36 Kristen Betizel: Hello from Oakland, CA
00:02:38 Ashley Betz: Ashley from the Virginia Beach SPCA here!
00:02:39 Monica Peterson: Hi from Wisconsin!
00:02:39 Stephanie Schamber: Hello from Ontario Canada
00:02:40 Donna Culbert: Hi from Boston!
00:02:40 Tina Reddington: Hi from ASPCA in Los Angeles!
00:02:42 Ellen Schmidt: Hello from Albuquerque, NM!
00:02:43 Kathleen Olson: Hi from Purrfect Pals in Washington State
00:02:44 Haley Herman: Hello from Kansas (:
00:02:49 Lindsay Nakonechny: Hello from Alberta, Canada!
00:02:50 Jill Archibald: Hi from Texas!
00:02:51 Lance Hunter: Hello from Long Beach!
00:02:54 Alison Balow: Hello from Michigan!
00:02:54 Rose Browne: Hello from Newfoundland, Canada!! :D
00:02:59 Frances Dauster: Mobile alabama says hello to everyone!
00:02:59 Nadezhda Ball: HI ASPCA PEEPS!
00:03:00 Alex Lott: Hello From McCall Idaho!
00:03:03 Rose Hegerle: Hello from Minnesota!
00:03:06 Riann Hadley: hi all - NHSPCA
00:03:09 Lauren Jensen: Hello from Calgary Humane Society!
00:03:12 Lisa Sideropolis: Hello from Ohio :)
00:03:12 Marie Maciel: Hello from New Jersey!
00:03:13 Cathi Bruhn: Hello from Montgomery County, TX! Operation Pets Alive
00:03:16 Karina Josenhans: hi from ASPCA NYC!
00:03:17 Sandy Cooley: Hi from the San Francisco Bay Area!!
00:03:18 Glen Hatchell: Hi from sunny Tampa!
00:03:19 Leah Massey: Hello from Charlotte, North Carolina
00:03:22 Jenny Stieglitz: aah sorry for the pm folks keeps changing on me
00:03:23 Katie Marrie: Thank you Jessica! From CA
00:03:23 Ashley Betz: Any of my VBSPCA gang here?
00:03:27 Dina Kogan: Hello from Boston!

00:03:27 Ruth Allen: ASPCA new your city
00:03:28 Nikki A: Hello from Ontario Canada.
00:03:29 Suzanne Denk: Hello Jessica!
00:03:30 Cheryl Gfrerer: Hi, from St. Paul, MN!
00:03:30 Gage Ardag: Hi from Oregon, SafeHaven Humane Society
00:03:32 Tina Reddington: HI KATIE MARRIE!!!!
00:03:32 Dina Kogan: ARL Boston :)
00:03:37 Katie Marrie: HI TINA!!!!
00:03:42 Amy Tefft: Hello Everyone from Amy in NJ
00:03:43 Megan Jaszczyszyn: Hello from Megan, Edmonton Humane Society
00:03:44 Nadezhda Ball: HI RUTH, GEMMA, KARINA, AND TINA!
00:03:47 Jane McIntyre: hello!!
00:03:48 Allie Hewett: Hi from the Bay Area!
00:03:48 Jessica Zimmerman: hello from Humane Rescue Alliance DC
00:03:49 Bethany Kloc: Hi from Buffalo, NY!
00:03:54 Dr Sandoval : hello from ASPCa LA :)
00:03:54 Heather Rushing: Hi from Louisiana
00:03:55 Tina Reddington: Hi Nadezhda!!
00:03:56 Valerie Hunt: Hello from ShowLow, Az
00:04:02 Gemma Smith: Hi ASPCA friends!!!
00:04:03 Katie Marrie: HI PEYVAND!
00:04:03 Amanda Hawkins: Hi from The Humane Society of Kitchener Waterloo & Stratford Perth. Ontario
Canada
00:04:05 Karina Josenhans: hi nadezhda!!!
00:04:06 Lindsey Cooke: Hi from NC!
00:04:09 Nadezhda Ball: HI PEYVAND!
00:05:00 Kristie McFarland: hi from snowy Colorado!
00:05:23 Christina Loveland-Dupuis: Sorry invited a few <3
00:06:02 Corey Brooks: Hey we love your poems!
00:07:18 Ashley Betz: wow so relatable..
00:07:32 Caryn Liles: I love that.
00:07:35 Leslie Wainger: Love this!
00:07:46 Ellen Schmidt: Lovely!
00:07:46 Thomas McDaniel: Love that!
00:08:04 Johanna Teresi: Is there anyone else on here that is a dog trainer?
00:08:18 Donna Culbert: yes, here
00:08:24 Ellen Schmidt: Absolutely, Johanna!
00:08:32 Margaret MacEwen: Dog trainer here too
00:08:44 Cindi Delany: Dog trainer too.
00:08:44 Monica Peterson: Dog trainer and medical here
00:08:47 Kaitlin Zimmer: Yes, dog trainer
00:08:49 Rose Browne: Dog Trainer here too :)
00:09:06 Linda Okimoto: Animal Shelter photographer and kitten foster.
00:09:20 Cheryl Gfrerer: Dog trainer. :)
00:10:08 Colleen O'Keefe: Hi Dellymar!
00:10:32 Dellymar Bernal: Hi Colleen :)
00:10:58 Sandy Phillips: CFO
00:13:23 Johanna Teresi: I had a lot of people interested from DogBiz. So I thought i would reach out and ask if anyone of you wanted weekly support from each other and other dog professionals.
00:13:49 Johanna Teresi: I am thinking of starting a weekly group for dog trainers. If you are interested please e-mail me at info@fourleggedscholars.com

00:15:08 Tina Reddington: Kim Wolf - Your Dog is Warming My Heart Immensely!!!!

00:17:35 Caryn Liles: (Like Cheetos.)

00:17:51 Johanna Teresi: Food for me

00:17:52 Johanna Teresi: hahha

00:17:56 Michaela Gerome: Pizza!!

00:17:58 Johanna Teresi: Popcorn

00:18:03 Ellen Schmidt: All the carbs...

00:18:05 Lindsey Cooke: I support the cheetos!

00:18:07 Monica Peterson: Food in general.

00:18:08 Karin Baker: Ha, having a beer now

00:18:13 Johanna Teresi: Lol

00:18:23 Caryn Liles: You will never talk me out of Cheetos.

00:18:34 Johanna Teresi: I feel guilty overeating during this time but it is hard to stop

00:18:36 Johanna Teresi: lol

00:18:42 Susan Furukawa: I'm sitting here with a giant bag of M&Ms

00:18:54 Johanna Teresi: You guys are making me feel tons better

00:19:57 Michaela Gerome: I am glad to know that having an upset stomach is totally normal right now :(

00:20:18 Leah Massey: instead of counting, think 'ferrets are beautiful' for each section

00:20:44 Leslie Wainger: Ferrets ARE beautiful. Perfect!

00:21:50 Frances Dauster: dizzy. but yes, ferrets are beautiful

00:23:44 Karin Baker: I know a lot of people right now that can use these tipe

00:23:48 Karin Baker: tips

00:27:24 Nadezhda Ball: i'm all about impromptu dance parties

00:27:25 Justis Bolding: SINGING

00:27:51 Suzanne Cunningham: Water, or wine...

00:28:16 Johanna Teresi: If any decides they want to join us for weekly dog professional support. It will be simple and just helpful through this stressful time. E-mail me info@fourleggedscholars.com

00:28:58 Ellen Schmidt: Love a good shake-off!

00:29:04 Elvine Tsang: Singing helps me but I have to watch for my cat jumping onto my head because he thinks singing means I might be in distress and need to be smothered.

00:30:14 Katie Marrie: LOL Elvine

00:31:50 Monica Peterson: yeay foam rollers!

00:32:15 Michaela Gerome: Foam rollers rock!!

00:33:52 Elvine Tsang: Can I use a 9 lb chihuahua>

00:34:00 Karin Baker: lol

00:34:14 Monica Peterson: haha... wood pellets...

00:34:17 Sheila Ryan: Michaela, I count 8 of us. And a bunch of people are just calling by phone. Not bad

00:34:24 Karin Baker: this seems like a better suggestion than drugs

00:34:57 Jane McIntyre: meditation oasis has great free guided sleep meditations

00:35:17 Sarah McMunn: Headspace has amazing free ones available.

00:35:37 Alison Balow: yoga with Adrienne

00:35:40 Jade Bennett: someone else needs to mute please

00:36:39 Ken Foster: is this not the way to do it?

00:37:00 Allie Hewett: Headspace has released free resources for workplaces:
<https://www.headspace.com/work/covid-19>

00:37:56 Jade Bennett: I find the app Calm amazing if you can afford the full version

00:38:13 Lindsey Cooke: Writing/journaling helps me focus and relax

00:38:16 Linda Okimoto: Box breathing.

00:38:19 Justis Bolding: SINGING Central Park, texting with clients

00:38:20 Katherine Shenar: Cuddling with my husband

00:38:22 Bethany Kloc: Taking walks outside with my dog.

00:38:23 Leah Somerville: Exercise to release stress.

00:38:23 Samantha Polen: Pet a cat!

00:38:24 Ken Foster: boxing

00:38:25 Stacy Murphy: Headspace app - I got the premium version and it's amazing!

00:38:27 Michelle Thevenin: sun salutations

00:38:27 carolyn w: block breathing really helps when i'm scared

00:38:29 Jade Bennett: reading a good book

00:38:30 Justis Bolding: Meditation via the Journey Meditation app

00:38:30 Caryn Liles: Walking my dog in a forest without my phone

00:38:31 Ashley Betz: my cats, and supportive colleagues

00:38:32 Kaitlin Zimmer: EFT Tapping - there are a bunch of free ones in their app

00:38:32 Rachel Maso: take breaks to snuggle my dog

00:38:32 Julie Halama: Going outside for walks and doing yoga.

00:38:34 Cheryl Gfrerer: Petting my dogs, laughter, facetime with humans

00:38:35 Leah Somerville: Reading before bed

00:38:35 Stefanie Bruninghaus: Talking long walks.

00:38:35 Kimberly Howie: Calling a friend

00:38:36 Julie Davidson: Hiking

00:38:38 Cathi Bruhn: Serenity Prayer

00:38:38 Linda Okimoto: We are doing puzzles, drawing, cleaning.

00:38:40 Ken Foster: walking the dogs

00:38:41 Meghan Sharon: Headspace, Calm, Insight Timer are all great meditation apps

00:38:44 Rachel Maso: stop and walk around

00:38:44 Allie Hewett: Coloring!

00:38:44 Caryn Liles: Cleaning

00:38:45 Dellymar Bernal: Cuddling with my cats, meditate, sing.

00:38:45 Bethany Kloc: Cleaning, too

00:38:46 Anne Reed: Yo-Yo Ma's videos

00:38:46 Nadezhda Ball: video games

00:38:48 Donna Culbert: walking my dog, dance music, show tunes

00:38:49 Michaela Gerome: I go to the gym, Spend time with my Fiance and my dog and cat and roommates, and weirdly cleaning and organizing

00:38:49 Monica Peterson: Drinking water or coffee. just taking the few seconds to drink it have helped a lot

00:38:50 Ambi Dennis: Listening to my favorite music, talking and checking in with friends (actual phone calls), mindless tv shows

00:38:54 Leah Somerville: clean the shelter

00:38:55 Kathleen Olson: hiking, hanging out with my kiddos, jelly beans

00:38:55 Ashley Betz: yes, cleaning. very therapeutic

00:38:55 Ken Foster: cooking

00:38:56 Jade Bennett: spending time with animals, embroidery, podcasts

00:38:57 Gemma Smith: marco polo videos to friends, my cats, talking to my supportive partner

00:38:57 Stacy Murphy: Fresh air! Sometimes just going outside to take out the work garbage helps

00:38:57 Sami Sheehan: walking my dog with a podcast, running with no music/podcast, drinking water

00:38:58 Sandy Cooley: stepping away from the news

00:38:58 Ellen Schmidt: Uplifting playlist and my favorite podcasts, meditation and sleepcasts before bed, exercise early in the morning to get my brain and body awake

00:38:59 Alison Balow: running and hiking

00:39:00 Lindsey Cooke: I also sing random words/phrases, it makes me release stress and don't realize I do it ;)

00:39:01 Vicky Pasenko: walk my dogs, talk to friends,

00:39:03 Nicole Peralta: Cuddling a puppy

00:39:03 Laura L. McKelvey: Journaling. Telling my coworkers, friends and family how much they mean to me and reminding them we are all family and will stick together. Spending time with my dogs.

00:39:06 Valerie Hunt: I walk outside and look at the sky

00:39:08 Leslie Wainger: Sitting in the backyard watching my dogs run around & just be happy cuz they have no idea what a pandemic is.

00:39:08 Laurie Lund: Cuddling with my pup

00:39:10 Courtney Wren: reading

00:39:12 Rose Hegerle: reading fun fiction, like fantasy and sci fi

00:39:12 Ken Foster: watching favorite movies

00:39:14 Jenny Stieglitz: baking, walking, watching Michael McIntyer

00:39:16 Kim Janzen: Being outside, weeding in the garden for 30 minutes, laughing with a friend,

00:39:16 Amy Tefft: Reaching out to friends; playing with my cat; Reiki

00:39:18 Suzanne Cunningham: Birdwatching. Breathing.

00:39:22 Katie Marrie: Facetime calls

00:39:22 Glen Hatchell: fortunate to be taking a Dolce boundaries class now. breathing. remembering that EVERYONE is dealing with this

00:39:22 Ellen Schmidt: Gardening!!

00:39:23 Stephanie Schamber: Working with my lizards. I can't be scatterbrained when I work with them. Listen to my music and reading stuff about dinosaurs lol

00:39:23 Jade Bennett: There is a Compassion Fatigue Podcast that is REALLY good

00:39:26 Dana Seyfried: hugging my husband, standing anywhere in our backyard, group texts

00:39:27 Sarah Armstrong: listening to podcasts and/or videos of people just laughing and having fun

00:39:28 Jane McIntyre: walking hiking

00:39:30 Reagan Johnson: Hammock time!

00:39:30 Elvine Tsang: 15-min chair yoga before bed, 30 mins rowing first thing in the morning, being on DASH diet and losing weight right now (giving me a sense of control)

00:39:30 Sarah Armstrong: cleaning

00:39:36 Amanda Lampron: being with my kids and becoming a kid myself again!!!!

00:39:40 Frances Dauster: sitting in my now-empty training facility, imagining when I get to play classes again

00:39:40 Terri and Mark Trapp: Everyday we walk a noon and vlog a positive message live on Facebook. I journal at night and have a routine to relax also what helps is comedy movies and cat snuggles weeding and planting seeds and gardening. Happy first day of spring

00:39:40 Rose Hegerle: listening to vinyl and dancing

00:39:42 Nicole Peralta: Walking a dog

00:39:44 Sarah Armstrong: Biking and hiking

00:39:45 Leslie Wainger: Stupid HGTV shows

00:39:51 Heather Rushing: watching PlayStation Access on youtube, writing, and cuddling with my cat and dog

00:39:52 Cathi Bruhn: Small episodes decluttering

00:39:52 Caryn Liles: gratitude journal

00:39:55 Julie Davidson: Watching birds in the garden

00:39:55 Linda Okimoto: drawing mandalas, meditation, organizing my photo files

00:39:55 mason grainger: Indoor hammock stand!

00:39:56 Lisa Sideropolis: Cross-stitching! Chat with friends, work in garden, reading and pray, pet cats

00:40:10 Johanna Teresi: Playing with my 6 yr old daughter

00:40:13 Cheryl Gfrerer: I would love to see a copy of this list later. :)

00:40:15 Melaina Slater: Podcasts

00:40:15 Gwen Gadd: Knitting, tearing out knitting, doing it again ;-)

00:40:20 Rose Hegerle: re-organizing

00:40:22 Mari Delgado : nature documentaries just images and music in background

00:40:25 Karin Baker: work from home seems to allow for house cleaning

00:40:29 Leslie Wainger: Editing photos of past trips

00:40:38 Johanna Teresi:Yoga

00:40:38 Julie Davidson: Dog music

00:40:39 Linda Okimoto:reaching out to others, especially those alone

00:40:42 mason grainger: I sleep in my hammock inside every night. Google "turtledog hammock stand"

00:40:44 Terri and Mark Trapp: Thank you I was hoping to see the chat and slides later

00:40:45 Kathleen Olson: D&D!

00:40:47 Johanna Teresi:Relaxing music

00:40:50 Johanna Teresi:Detox bath

00:40:50 Elvine Tsang: Wear a mask when I go grocery shopping!

00:40:53 Empress Bellamy: dance call a friend

00:40:57 Sarah Armstrong: nostalgic movies and shoes

00:40:58 Johanna Teresi:Lol on the mask

00:41:00 Sarah Armstrong: *shows

00:41:05 Johanna Teresi:But a good idea

00:41:09 Kelly Marinel: pilates and bird watching

00:41:23 Suzanne Cunningham: Click on the dots to the right of file in the chat box and you can save the chats!

00:41:44 Beth Elliott: Planning on trying virtual museum tours

00:42:28 Allie Hewett: Does anybody remember the David After Dentist video? I always think of when he says, "IS THIS GONNA BE FOREVER?"

00:42:50 Amanda Lampron: that's my big thing is to keep telling myself this isn't forever!!!!

00:43:23 Karin Baker: ringworm!!!

00:44:46 Nadezhda Ball: MOIRA ROSE.

00:45:00 Leah Massey: Fear is the mind killer...

00:45:35 Monica Peterson: I have a daily calendar that has a quote of the day reminding me to "Breathe", "Stay Calm", etc. Sooooo helpful

00:45:49 Kathleen Olson: Hakuna Matta!

00:45:51 Alison Balow: The Litany Against Fear!

00:46:09 Jane McIntyre: breathe

00:46:15 Elvine Tsang: I'll get through this!

00:46:26 Leslie Wainger: You've got to go through it to get through it.

00:46:30 mason grainger: peace, stillness

00:46:37 Alison Vaughan: this too shall pass

00:47:09 Michaela Gerome: this is so difficult though its all we see, because of this I keep thinking I am going to get itt

00:47:25 Amanda Lampron: yup my boss keeps telling me I need to not watch so much of the media!!!!

00:47:59 Kathleen Olson: I feel like I have to watch to stay on top of the schools and what I need to relay to staff at work. It is hard to stay away from it right now.

00:48:06 Amanda Lampron: yes love that!!!

00:48:47 Gemma Smith: it's hard for me not to check the new york times latest updates every hour, but this is helpful!

00:48:49 Meghan Sharon: YES good stand up!

00:49:06 Michaela Gerome: impractical jokers is always good!

00:50:19 Jennifer Adkins: the sleep with me podcast helps me turn off my brain at night

00:50:20 Allie Hewett: The Good Place!

00:50:20 Caryn Liles: Kim's Convenience!!

00:50:22 Reagan Johnson: The Office, forever!!

00:50:24 Bethany Kloc: Whose Line is it Anyways had me cracking up last night!

00:50:24 Lindsay Kent: the good place yes!

00:50:25 Dianna Miranda Buck: Schitt's Creek!

00:50:25 Meghan Sharon: The Office, Parks & Rec, Schitt's Creek

00:50:25 Haley Herman: That 70's show!

00:50:26 Katie Marrie: Seth Myers Lobby Bbay

00:50:27 Katherine Shenar: Schitt's Creek

00:50:27 Nadezhda Ball: schitt's creek!

00:50:27 Gwen Gadd: Great British bakeoff

00:50:28 Meghan Sharon: GBBO

00:50:28 Michaela Gerome: Schitts creek

00:50:29 Kaitlin Zimmer: Carol's Second Act

00:50:31 Christina Loveland-Dupuis: The golden girls

00:50:31 Ken Foster: W1A

00:50:32 Jade Bennett: Brooklyn 99, Star Trek, Adventure Time, Bob Ross

00:50:32 Jeff Frederick: Schitt's Creek

00:50:33 Jennifer Adkins: chopped! that's 70s show

00:50:35 Alison Balow: 30 Rock

00:50:35 Haley Turmel: Friends

00:50:37 Cathi Bruhn: The Repair Shop

00:50:37 Samantha Polen: Kim's Convenience!

00:50:37 Stefanie Bruninghaus: Frasier.

00:50:38 Michaela Gerome: Chopped!

00:50:38 Donna Klingelhofer: Golden Girls my go-to stress reliever!

00:50:40 jfriedman: Will and Grace

00:50:40 Courtney Wren: Bob's burgers

00:50:42 Nadezhda Ball: the good place!

00:50:42 Jen Gordon: Games of Games Ellen

00:50:42 Jennifer Adkins: the office

00:50:46 Monica Peterson: The Office,

00:50:46 Samantha Polen: Modern Family

00:50:46 carolyn w: who's line is it

00:50:47 Mike Condra: Yes, Minister

00:50:47 Ken Foster: Cheers on Netflix is very safe

00:50:47 Michaela Gerome: bobs burgers and the offic

00:50:49 Bethany Kloc: Golden Girls for SURE!

00:50:50 Gwen Gadd: Leverage

00:50:51 Rose Hegerle: The Goldbergs

00:50:51 Lisa Sideropolis: Sanford and Son

00:50:51 Cheryl Gfrerer: Podcast: No Dumb Question

00:50:52 Jane McIntyre: golden girls mrs maisel

00:50:52 Karina Josenhans: friends

00:50:54 Kathleen Olson: Star Trek

00:50:54 Kaitlin Zimmer: Dry Bar Comedy on YouTube

00:50:55 Julie Halama: Full House!

00:50:55 Sheila Ryan: Golden girls

00:50:57 Stacy Murphy: Parks and Rec

00:50:58 Heather Rushing: Justice League and Gridlocked

00:50:59 Terri and Mark Trapp: we watch classic movies. —

00:50:59 Laura Gibbs: the office, that 70s show, Gilmore girls

00:51:00 Laurie Lund: Shameless...sorry, but it's funny

00:51:01 Cathi Bruhn: Sponge Bob
00:51:01 Claudia Arguelles: Derry girls
00:51:02 Jenny Stieglitz: magic for humans
00:51:02 Amanda Lampron: Ellen!!!!
00:51:04 Kelly Marinel: watched clueless last night!
00:51:05 Nadezhda Ball: girlfriends!
00:51:05 Ellen Schmidt: Podcast: Myths and Legends
00:51:06 Allie Hewett: +1 for Parks and Rec!
00:51:07 Stephanie Schamber: What if you can stand a lot of the stuff on tv lately?
00:51:08 Rose Hegerle: Letterkenny
00:51:09 Elvine Tsang: Been rewatching Star Trek Next Gen: 7 seasons, 26 episodes each! Such a hopeful show.
00:51:13 Julie Davidson: Modern Family
00:51:15 Sheila Ryan: Hallmark MOVIES!
00:51:20 Alison Vaughan: Curb your enthusiasm
00:51:20 Tanya Hilgendorf: Schitt's Creek
00:51:21 Claudia Arguelles: The office
00:51:24 Karin Baker: gilligans island
00:51:25 Caryn Liles: I love call the midwife!!!!
00:51:26 Gwen Gadd: Love call the midwife!!!
00:51:26 Ellen Schmidt: Call the Midwife is awesome!
00:51:28 Lilian C: Wayne's world
00:51:28 Debra Leckrone: According to Jim
00:51:29 Laura Gibbs: Call the midwife is amazing
00:51:30 Lindsey Cooke: love call the midwife!
00:51:30 Sami Sheehan: call the midwife is my fav show
00:51:31 Sami Sheehan: !
00:51:31 Glen Hatchell: Xena!
00:51:34 Jenny Stieglitz: brain games
00:51:35 Kelly Marinel: Salome?
00:51:37 Nadezhda Ball: xena!
00:51:38 Amy Tefft: Grace & FRANKIE!
00:51:44 Kathleen Olson: Jim Gaffigan
00:51:55 Michaela Gerome: house hunters renovation!
00:52:00 Salomé BARROT: lol. Kelly
00:52:06 Lindsay Demers: The Ranch is my new favorite! So funnt
00:52:11 Elvine Tsang: Also Netflix's Kingdom to help me feel like it can be worse lol
00:53:26 Kelly Marinel: PMA!
00:53:40 Michaela Gerome: hahah Kelly! LOVE PMA!!
00:54:51 Kim Wolf: These dogs start singing when they hear the Law & Order theme song:
https://twitter.com/pete_schultz/status/1240472553136754688
00:55:41 Amanda Lampron: for sure!!! I'm literally drained!!!!
00:56:08 Amanda Lampron: good stuff!!
00:57:05 Ken Foster: I thought you were saying oxycontin and was like...what??
00:57:18 Ken Foster: no, you didn't!
00:57:28 Elvine Tsang: @Ken Foster me too lol
00:57:45 Suzanne Cunningham: What is PMA?
00:57:57 Terri and Mark Trapp: Thank you for hosting this- timely and appreciate your resources and tools.
— I will have to jump off call for another at 9 but I will look for your follow up and any replay. Again much gratitude for you providing this resource so needed right now. - peace and grace TT
00:57:59 Michaela Gerome: Positive Mental Attitude :)

00:58:22 Gwen Gadd: As someone who struggles knowing when to end a hug definitely let the hugged know about 20 sec

00:58:59 Glen Hatchell: ha! i thought it was pardon my a**!

00:59:07 Danette Johnston: Check out getthatpma.com

00:59:12 Ken Foster: I do this instinctively and it freaks people out because they think I'm having chest pains.

00:59:20 Nadezhda Ball: oh, i do that all the time. i didn't even realize!

00:59:30 Nadezhda Ball: (the heart holding)

00:59:36 Amanda Lampron: I LOVE that!!!!

00:59:54 Monica Peterson: does talking to yourself count?

01:00:08 Debra Leckrone: dance and sing while i cook dinner

01:00:10 Lisa Sideropolis: My weighted blanket helps me immensely :)

01:00:15 Sheila Ryan: swaying

01:00:16 Gwen Gadd: Monica! Definitely

01:00:43 Caryn Liles: yessssss

01:00:48 Kaitlin Zimmer:yes

01:00:48 Monica Peterson: We sure do!

01:00:49 Allie Hewett: I have a reactive dog and work with them

01:00:51 Christina Loveland-Dupuis: Our time!

01:00:55 Cindi Delany: Yep!

01:00:57 Ashley Betz: yes

01:01:02 Allie Hewett: Social distancing has been a GIFT for her training

01:01:05 Christina Loveland-Dupuis: truth

01:02:36 Melaina Slater: Supported and informed

01:02:37 Caryn Liles: I feel like I have failed them but I want them to feel supported and hopeful

01:02:39 Mike Condra: supported

01:02:40 Katie Marrie: Calm and supported

01:02:40 Laura L. McKelvey: Safe, Loved, Appreciated

01:02:40 Danette Johnston: safe

01:02:42 Kim Wolf: SEEN

01:02:43 Vicky Pasenko: supported

01:02:43 Michelle Thevenin: we got this !

01:02:43 Kim Brown: secure

01:02:43 Jennifer Sigmon: Like we are going to get through it together

01:02:44 Johanna Teresi:Safe

01:02:45 Anne Reed: cared for

01:02:46 Kathleen Olson: I want them to feel supported and heard

01:02:46 Sheila Ryan: Safe, cared for and supported

01:02:46 Katherine Shenar: supported and appreciated

01:02:47 Johanna Teresi:Supported

01:02:47 Ellen Schmidt: I want them to feel supported, confident in what we are doing. Loved

01:02:47 Haley Herman: Relaxed

01:02:47 Rachel Maso: supported, safe, heard

01:02:50 Lindsey Cooke: Respected

01:02:54 Melaina Slater: Informed!

01:02:54 Michaela Gerome: supported, calm, safe, appreciated respected informed

01:02:55 Christina Loveland-Dupuis: I want my staff to feel safe, supported, relaxed

01:02:55 Michelle Thevenin: Appreciated and supported

01:02:56 Alison Vaughan: useful

01:02:56 Gwen Gadd: Confident and strong

01:02:57 Kelly Marinel: supported, happy

01:02:57 Leann Quire: Like the rockstars and super heros they are!

01:02:58 Samantha Polen: okay... restful

01:02:59 Johanna Teresi: Connected

01:03:02 Empress Bellamy: safe and open minded

01:03:02 Kim Janzen: Treasured.

01:03:03 Lana Sydorak: strong

01:03:08 Caryn Liles: well communicated to

01:03:21 Monica Peterson: calm, respectful and cautious

01:03:51 Monica Peterson: yep...

01:04:48 Christina Loveland-Dupuis: I've been talking with each of my staff members, and we talk about how they are feeling and we talk about ways to help with that. Same with clients

01:06:21 Kim Wolf: Hooray for telehealth!

01:06:59 Caryn Liles: inblot in canada

01:07:06 Debra Leckrone: what if you do not have benefits??

01:07:07 Caryn Liles: inkblot - sorry

01:08:35 Nadezhda Ball: @debra - if you're employer has an EAP, they may have free counseling sessions. and at the very least you can call the EAP and get guidance, and the calls should be free. check with your HR/Benefits dept

01:09:00 Allie Hewett: @Debra - take a look at psychology today and filter for telehealth. MANY providers right now are offering services at a discounted rate

01:09:28 Debra Leckrone: ww are a small non-profit shelter. with no HR or benefits

01:09:47 Vicky Pasenko: so are we debra

01:10:01 Monica Peterson: Us too!

01:10:15 Melaina Slater: Most provincial OH&S legislation in Canada includes the right to refuse unsafe work.

01:11:03 Karin Baker: that sounds great but the reality of a clinic staff is that when this ends it will be kitten season and in order to increase capacity we will have to work harder than ever

01:11:41 Monica Peterson: that's is kitten season doesn't start early this year... it's started for us already. :(

01:12:15 Vicky Pasenko: sent most animals to foster homes for short term

01:12:15 Alison Vaughan: Managed intake

01:12:28 Leah Somerville: we have been sending animals out to fosters when people community members offer

01:12:29 Caryn Liles: Closed before we had to, trying to move everything online and include everyone to keep paycheques going, but it's a transition...

01:12:33 Jennifer Sigmon: We are rotating staff so some get time off

01:12:36 Karin Baker: we remain open but are doing all adoptions by appointment only and they are screened by the adoption staff prior to the appointment. It's keeping more employed

01:12:38 Beau Archer: increase foster, curb side foster pick ups and appointments

01:12:39 Gwen Gadd: Contributed to discussions about elective s/n clinic. The mission is to control population but s/n is elective

01:12:39 Alison Vaughan: fee waived adoptions

01:12:43 Angela Miranda: childcare: if you can commit to 30 hours, we will give the remaining 10 hours with no payback plan

01:12:47 Kelly Marinel: our shelter has 2 teams

01:12:53 Leah Somerville: appointment only adoptions

01:13:00 Jennifer Gallo: We will have to manage client expectations moving forward....

01:13:09 Michaela Gerome: that's what we are doing 2 different teams and appointment only

01:13:10 Kelly Marinel: lots of zoom meetings and new forms of communication

01:13:11 Glen Hatchell: potential adopters text when they arrive. they stay in car until adoption counselor is available

01:13:22 Michaela Gerome: but we are using Microsoft teams to be in constant communication

01:13:24 Leah Massey: we are doing some online initiatives. one of our staff members is reading a book to shelter dogs on facebook at 2p every day so kids and parents can tune in and join

01:13:37 Kathleen Olson: Providing fresh fruit and cookies in break room. Switched to appointment only for shelter services. We are a managed intake cat sanctuary and shelter. Told volunteers not to come in. Respect everyones personal space by limiting one person in each area for cleaning and feeding.

01:13:42 Corey Brooks: Team meetings every morning when working remotely to set goals and gameplan for the day

01:14:02 Kim Wolf: Doing therapy dog visits on Zoom

01:14:08 Angela Miranda: 3 additional days of PTO: if you get sick and get dx of COVID19, we are paying up to an additional 80 hours for recovery.

01:14:54 Karin Baker: this is an amazing webinar

01:15:07 Jane McIntyre: thank you this has been very helpful!

01:15:11 Lilian C: This was amazing. Thank you for this!

01:15:25 carolyn w: bless you Jessica. Thank you.

01:15:28 Alison Vaughan: Thank you. This has been so helpful

01:15:29 Amanda Lampron: amazing webinar!!!! thank you so much!!! ♥□♥□♥□

01:15:32 Jennifer Gallo: Blue Cross Blue Shield is waiving copays deductibles coinsurance for coronavirus testing, supportive care, outpatient treatment.....

01:15:35 Stacy Murphy: So happy I tuned in tonight.... Will there be a recording of this webinar

01:15:36 Leslie Wainger: This has been amazing. Thank you.

01:15:36 Dianna Miranda Buck: Thank you so much for doing this.

01:15:41 Gemma Smith: Thank you so much for this!

01:15:43 Debra Leckrone: Thank you for hosting this. I look forward to sharing with my co-workers and fellow managers and director.

01:15:45 Leah Somerville: Blessings to all shelter workers and volunteers!!

01:15:46 Amy Tefft: Thank you, Jessica & All! =^..^=

01:15:58 Monica Peterson: Will this be available after? I think all our staff member need to watch! Thanks so much!

01:16:01 Elvine Tsang: Thank you Jessica!

01:16:02 shelle clark: I'm taking some time off but I'm also able to foster which makes me feel better. I feel guilty for not being at work with my coworkers because I know it's not going to be easy.

01:16:04 Donna Culbert: Thank you Jessica!

01:16:10 Justis Bolding: My meditation teacher today said, today, may all beings live without fear. Instead of live with ease.

01:16:11 alison: amazing ideas to share tomorrow with our teams. I wonder if we can do an org wide legs up the wall.

01:16:21 Caryn Liles: Thank you x1000 Jessica (and everyone out there working so hard and putting yourselves at risk to be sure the animals are cared for!!) xoxo

01:16:38 Cathi Bruhn: Thanks so much for opening this up to more people. Thanks Houston Pet Set for sharing this opportunity.

01:17:26 Ken Foster: This is great. I'm so glad I came tonight!

01:17:41 Justis Bolding: As am I.

01:17:44 Justis Bolding: Beautiful.

01:17:51 Katie Marrie: I am so sick of Happy Birthday song! SOOOO MUCH BETTER!

01:17:53 Donna Culbert: Namaste

01:17:56 Amanda Lampron: took a screenshot so I remember ☺ love that!!

01:18:01 shelle clark: thank you!!

01:18:06 Kimberly Howie: Thank you so much! This is all incredibly helpful

01:18:09 Katherine Shenar: Thank you Jessica

01:18:13 Leslie Wainger: Thank you so much for opening this up to all of us.

01:18:17 Julie Halama: Yes, thank you Jessica! This was so wonderful. You have an incredible energy.

01:18:17 Katherine Shenar: People helping their neighbors

01:18:20 Monica Peterson: The amount of FOSTER HOMES in a crisis. omg.

01:18:20 Stacy Murphy: The joy people are finding in the little things

01:18:21 Leah Somerville: random people stepping up to foster!

01:18:21 Lindsey Cooke: We are all together, even if we aren't physically together

01:18:22 Judy Felton: this session has helped to realize that we are not in this alone

01:18:22 Dianna Miranda Buck: Your generosity in putting this out to us!

01:18:22 Kimberly Howie: Humanity is a lot more... human these days

01:18:23 Karin Baker: everyone cares that the kids eat

01:18:24 Christina Loveland-Dupuis: It was beautiful to see children outside playing in their yards again

01:18:25 Sami Sheehan: my neighbors are saying hi to one another and asking each other "are you okay?"

01:18:26 Michelle Thevenin: People showing up to foster!

01:18:27 Justis Bolding: New York City has BANDED TOGETHER and we are a strong strong community I am proud to be a part of.

01:18:27 carolyn w: the ones who are working so hard to help.

01:18:30 Dr Sandoval : thank you!!!

01:18:31 Stacy Murphy: the emphasis we are putting on our senior population

01:18:32 Haley Turmel: People putting up Christmas lights

01:18:32 Cheryl Gfrerer: They're trying to find creative ways to make one another feel connected--shamrocks in windows.

01:18:32 Lindsey Cooke: more teamwork and compassion for others

01:18:33 Amanda Lampron: a lot of people in our community coming together to help one another!!!!

01:18:33 Allie Hewett: If you're from the Bay Area, name your rescue or shelter so I can share! I have TONS of friends who are ready to welcome fosters!

01:18:35 Haley Herman: Families at the park, laughing and enjoying the day

01:18:35 Beau Archer: Volunteers, Staff and Fosters stepping up!

01:18:37 Elvine Tsang: Community coming together to share resources

01:18:38 Jennifer Sigmon: we are all in it together

01:18:38 Caryn Liles: Friends and family checking in via phone rather than texting

01:18:38 Katie Marrie: Lots of saying "hi" from afar to people in the community

01:18:39 Caryn Liles: Seeing all of the people going for walks

01:18:41 Christina Loveland-Dupuis: Agreed!!

01:18:41 Michelle Meckelborg: Dog walkers out in droves

01:18:44 Julie Halama: Connection with friends and family even though we are apart

01:18:45 Sheila Ryan: So many people opening up resources freely. Like you!

01:18:49 Alison Balow: Local distilleries making hand sanitizer!

01:18:51 shelle clark: we reached out to our community to help get animals adopted today and so many people came in to adopt and foster! especially our stressed out dogs that breaks our heart

01:18:51 Beth Elliott: This is much like my new greeting to everyone since day one.

01:18:51 Cathi Bruhn: Lunch ladies serving sack breakfast and lunch meals carside at schools.

01:18:52 Jennifer Gallo: medical students providing daycare for first line drs and nurses

01:18:57 Nadezhda Ball: even though my kid is distracting, watching her learn things during the day - even tho i'm in meetings...

01:18:57 Lynn Higelmire: All the thanks I am getting while in uniform I get as a paramedic.

01:18:58 Gwen Gadd: Store employees keeping some essentials in the store room and taking seniors back too get what they need.

01:18:59 Justis Bolding: People walking their cats in Central Park!!!

01:19:00 Amy Tefft: Families out walking together with their doggies!

01:19:01 Beth Elliott: Be Safe...Be Well

01:19:01 Kathleen Olson: Our Rotary Club is not meeting, but we continue to pay our caterer and jointly donating the actual cost of food he would have purchased to the local food bank.

01:19:07 Leah Massey: the humor with which most people are handling it
01:19:10 Amanda Hawkins: Their understanding of the changes we've made as of a result of covid-19
01:19:12 Jenny Stieglitz: clients being patient and supportive
01:19:15 Lindsay Nakonechny: People posting photos of their "furry" colleagues!
01:19:17 Debra Leckrone: our community food pantry has seen a huge increase in food donations!
01:19:22 Bethany Kloc: people supporting local businesses
01:19:25 Stacy Murphy: Some wrote chalk "thank you's" outside local nursing homes
01:19:30 Allie Hewett: Virtual happy hours
01:19:31 Samantha Polen: amazing generosity everywhere!
01:19:37 Ken Foster: Lots of gyms and trainers are offering free classes online and via social media. And you don't have to dress up or worry about being out of step!
01:19:42 Caryn Liles: Retired nurses coming back to help even though they're at risk. Contributing to the whole picture.
01:19:48 Heather Rushing: seeing all of the food programs popping up for children that can't go to school but need the meals
01:19:57 Nadezhda Ball: the way that you end conversations with people genuinely telling each other to take care of ourselves and our families
01:19:58 Cynthia Karsten: having the time to just talk to each other
01:20:00 Stephanie Schamber: The number of people offering to help the animals by fostering if we need to close the shelter
01:20:03 Debra Leckrone: our local y is doing video workouts!
01:20:11 Leslie Wainger: Brewery that switched to making hand sanitizer & gives it away.
01:20:12 Lindsey Cooke: Passing along the kindness
01:20:26 Gwen Gadd: 200 fosters stepping up to take in our shelter animals for the duration
01:20:31 Alison Vaughan: reconnecting with people
01:20:37 Beth Elliott: Relighting Christmas Lights :-)
01:20:49 Samantha Polen: This webinar has been amazingly uplifting!
01:20:55 Anne Reed: thank you.
01:20:56 Caryn Liles: I might put my xmas tree up
01:20:57 Debra Leckrone: Air Co is a vodka company in NY also switched to making hand sanitizer
01:21:09 Monica Peterson: thank you so much! so helpful!!!!
01:21:12 Heather Mishefske: Thank you for sharing your warmth and wisdom with us!
01:21:13 Ashley Betz: Thank you so much!
01:21:15 Laurie Lund: Thank you Jessica!!! This helped so much <3
01:21:28 Leslie Wainger: Thank you for every minute of this.
01:21:29 Kathy McVay: Thank you Jessica.
01:21:31 Donna Klingelhofer: Thanks for your time and expertise - you've made a big difference in many lives! Look forward to future webinars :)
01:21:33 Lynn Higelmire: 109 animals adopted, out to foster or released to owner through Detroit Animal Care and Control.
01:21:36 Beth Elliott: Thank you all for joining together here....we will all get through this if we work together.
01:21:41 Marie Maciel: Thank you so very very much! <3
01:21:41 Cathi Bruhn: THANKS! So much good stuff. Cannot wait to share.
01:21:44 Jeanne Frye-Mason: Thank you!
01:21:45 Haley Herman: Thank you for everything, Jessica!
01:21:49 Eric Young: THANK YOU SO MUCH FOR THIS!
01:21:50 Lindsey Cooke: Thank you so much!
01:21:52 Empress Bellamy: thank you was awesome!!
01:21:53 Haley Turmel: Thank you!
01:21:54 Isabelle Bouchard: Thank you Jessica !

01:21:54 Jenny Stieglitz: thank you
01:21:55 Bethany Kloc: Thank you! :)
01:21:55 Christina Loveland-Dupuis: You rock! Thank you!
01:21:55 Sandy Cooley: Thank you Jessica - take care of yourself too!!
01:21:56 Cheryl Gfrerer: Thank you!
01:21:57 Suzanne Denk: Thank you!
01:21:58 Leah Somerville: thank you!
01:21:59 Gwen Gadd: Thank you Jessica! This was great! And thanks for all your input
01:22:00 Heather Rushing: Thank you!
01:22:01 Kristie McFarland: thank you
01:22:03 Laura L. McKelvey: Thank you so much for offering this right now. It is so needed and is so generous of you. It means a lot to me and, it sounds like, many others
01:22:04 Stacy Murphy: Thank you thank you thank you!
01:22:09 Danette Johnston: Thank you!!!!
01:22:09 Katie Marrie: You are the best! Good luck to everyone in this time!
01:22:10 Ellen Schmidt: Thank you so much for the hard work and late night, Jessica!
01:22:14 Melaina Slater: Thank you for this Jessica!!
01:22:17 Amanda Lampron: thanks again so very much!!!!
01:22:19 Sheila Ryan: Thank you thank you thank you. I'm going to use this recording with my 14 year old who is stressing out.
01:22:21 Kim Watson: Thank you, Jessica...you're the best ❤️
01:22:22 Monica Peterson: *waves goodbye!* don't have a camera
01:22:22 Nadezhda Ball: thank you!
01:22:23 Jennifer Gallo: Thank You!!!!!!
01:22:24 Christina Loveland-Dupuis: Virtual hug!
01:22:24 Thomas McDaniel: thank you so much
01:22:26 Jennifer Sigmon: This was wonderful!!!!
01:22:27 Kaitlin Zimmer: Thank you, this was so helpful!
01:22:28 Kara Dowhaniuk: Thank you for providing this!
01:22:29 Laura Gibbs: Thank you!
01:22:34 Dana Seyfried: thank you ❤️👍❤️👍❤️👍
01:22:39 Alison Vaughan: Thank you
01:22:50 Estelle: so grateful to
01:22:52 Gage Ardag: Thank you!
01:22:53 Rose Hegerle: Thank you! I needed this, and can't wait to spread this positivity to my peers.
01:22:53 Caryn Liles: Thank YOU!!!!!!
01:22:57 Stefanie Bruninghaus: Thank you.
01:23:03 Linda Okimoto: thank you sooooo much!!!
01:23:04 Kristin Anderson: Thank you! So awesome!
01:23:05 Justis Bolding: Thank you.
01:23:05 Estelle: amazing