

SedonaKind General Meeting Minutes

April 21, 2023 - 10:00am – West Sedona Library

Chaired by Joy Sinnott

Pre-Meeting – prior to the meeting, Garden Wands, boxes of love, and cards were for sale.

Meeting called to order at 10:10am, 20 SK members present

Welcome – Joy welcomed everyone back with a story of a dream she had, to the amusement of all.

New Members – Kim Spangler and Mary Helsaple introduced themselves and were welcomed by the group and we were very happy to see Catherine Moore who we haven't seen in a while.

Kindness stories – stories were shared by Jawn, Lou Ann, Sandy and Joy...thanks for sharing!

KIS Committee Report – Karen

Several members of the KIS Committee had the opportunity to read The Hungry Caterpillar to both Oak Creek School (OCS) and West Sedona School (WSS) which coincided with the butterfly “kits” that we purchased for both schools. One reader shared the story of a young girl, who, after being given a butterfly sticker remarked, “This is my grandmother, she died and is now a butterfly.”

The high school students are currently scheduled to read to the children at WSS next week.

The children in the Wildcat After School Program, in conjunction with the local Girl Scout troop, have colored butterfly cards which will be put in the Food Bank Homebound boxes one month over this summer.

Karen passed around a wonderful thank you card, signed by all of the teachers at WSS, thanking us for the Brain Balls that we donated to the school district.

Karen will be meeting with the principals of both WSS and OCS at the end of the school year. The goal is to get back into the school, reading to the students on a regular basis.

Teacher appreciation gifts have been planned for OCS (a French travel theme with flowers, candies an Eiffel tower key chain) and WSS (a movie theme with tickets to the Mary Fischer Theatre & popcorn).

Celebration of Spring Event – Lin

On April 8th several members and several non-members attended the Celebration of Spring Event at Posse Ground Park and distributed “Kindness Grows Here” stickers to children and adults. It was a wonderful success and the volunteers heard many great acts of kindness stories from the children. Sandy shared a precious one from a little boy of about 5 who proudly stated that he was teaching his little sister to poop! His mom quickly clarified that he was teaching her to poop in the toilet.

SPEAKER – Heather Kurowski, Care Coordinator, Verde Valley Caregivers

Heather gave a wonderful, heartfelt presentation about Verde Valley Caregivers (VVC), a 501 (c)(3) non-profit, who have been serving the community for over 30 years.

VVC's mission is to create a caring, healthy, age-friendly community for older adults. Their vision is to help seniors feel less isolated and their priority is to give them access to medical care and transportation. They refer to those they serve as “neighbors.”

Some services include:

- Transportation for appointments

- Shopping with or for neighbors

Guardian Angel Program (GAP) (Loan of emergency alerts if they qualify)
Friendly phone calls and visits
Tech coaching (so they can order things online and/or use telecare)
Respite assistance (to give caregivers a break)
Patient scribe services (for doctor appointments)
Business Assistance (filing, accounting, help with mail, etc.)
Handy-person help
Pet assistance (financial, if they qualify)
Social Engagement (monthly outings)

They have had a wonderful response from some of their elderly neighbors that have received robotic dogs or cats. These “pets” help to alleviate their loneliness and have brought them great comfort. Heather brought one of the dogs to demonstrate, which was a bit hit with the group.

Any senior that is 80 years old or older qualifies for their services. Seniors younger than 80, if it is unsafe for them to drive, can qualify, as well as anyone with disabilities.

If you need their services or would like to volunteer, visit their website at vvcaregivers.org.

Vietnam Veterans Wall Event – Meri

Seven (7) volunteers from Sedona Kind, coordinated by Bill Thomason, helped out at the Vietnam Travelling Memorial Wall which was hosted in Camp Verde, March 29 – April 2, 2023. It was very rewarding for all who attended.

2023 PROJECTS

Projects we are not moving forward with due to insufficient leadership and/or volunteers:

Kindness Signs for trails
My Life, My Story
Operation Special Delivery

Ongoing project that still needs a chairperson & volunteers - Gratitude Trees – If interested, please contact Christine at azschneiders@npgcable.com

Co-Chair responsibilities:

- ❖ Contact previous locations to confirm their desire to host a tree again
- ❖ Contact schools (Oak Creek School & West Sedona School) to confirm their interest and find out what “shape” they would prefer for the students (note: they don’t get a tree, just shapes)
- ❖ If there are other locations you would like to consider, present those ideas to the Board
- ❖ Insure there are enough trees in storage to distribute (Note: more can be made with Manzanita branches affixed to bowls with Plaster of Paris)
- ❖ Gather baskets, signs, pens & hearts from SK storage unit and separate into “sets”
- ❖ Insure all hearts that had been previously written on are re-painted
- ❖ Deliver the trees to the various locations with the basket of hearts, signs & pens
- ❖ After Kindness Season, pick up trees, baskets, signs, hearts & pens and return to storage (If possible, take a picture before you take it away)
- ❖ Type up what was written on the hearts, by location, and submit to Board for distribution

Volunteer responsibilities:

- ❖ Paint hearts that had been previously written on
- ❖ Cut out/create shapes for the students at the schools

❖ Assist the chair/co-chair

Projects we are moving forward with:

Veterans Breakfast - Jawn
Dog & Kitty Blessing Bags - Linda
Sedona Run - Meri
SedonaKind Community Outreach - Lin
Elderly/Homebound - Jawn

The above groups all got together to discuss details and a budget and reported back to the group.

Dog & Kitty Blessing Bags – Linda - they are working on obtaining the necessary items, they have a game plan and requested a budget of \$600.

SK Community Outreach – Lin – They have designed a badge “Just Ask Me, I’m a Local” that our members could wear when out in the community. They will do a test run to see if it works and will report back to the group. Their ultimate goal is to get 1000 local residents to wear these badges. A budget of \$100 was requested for this project.

This group also proposed the possibility of creating Burma-Shave signs that could be held by 4 – 5 people, along the high traffic areas in Sedona, that would entertain frustrated drivers stuck in traffic. Several examples were given. More research would be needed to create a budget.

Elderly/Homebound – Jawn – This group proposed three projects:

Sponsorship & participation in the Verde Valley Caregivers December outing. A budget of \$350 was proposed.

Making of 20 pet blankets for the Community Center. A budget of \$100 was proposed.

Partnering with Sedona Woman for a New Year’s Eve party at Sedona Winds. A budget of \$200 was proposed.

The Donating of 50 boxes of love for the Adult Community Center’s Caregivers Conference has already been taken care of and didn’t cost anything, so no budget needed.

Sedona Run - Meri – this event will require 9 volunteers, but as it is not until February of 2024 we will have more on this in the fall. No budget is required.

West Sedona School’s Wildcat Program Request

The after-school program at WSS has requested scraps of material and small balls of yarn for crafting for the kids. If you have anything you would like to donate, simply drop it off at the main office at WSS with a note stating that it is for the Wildcat Program.

Kindness Quote share by Meri:

“To care for those who once cared for us is the highest honor. In the heart of every caregiver is a knowing that we are all connected. As I do for you, I do for me.” Tia Walker

Joy adjourned the meeting at 12:15pm

Minutes respectfully submitted by Christine Schneider, Secretary